

DL - QUARANTEEN: Understanding & Coping

FOCUS SKILL	GOAL	MEDIA & MENTOR TEXTS	MATERIALS
SW analyze and interpret media & mentor texts and use their creative and critical thinking skills to produce a work of expression (visual or written) with input from peers.	SW engage in discourse on the topic of COVID-19, quarantine, and mental health, with reference to the provided media & mentor texts. SW work collaboratively to prepare and share an original creative work representing their opinion.	<p>Read 5 Ways To Combat Hopelessness In Quarantine by Aaliyah Bates</p> <p>Watch Quaranteen Routine Intro Episode Video by Adam Dickerson</p> <p>Listen The Quarantine Episode by Girl Talk</p>	<p>Access to media & mentor texts from a phone or other media device</p> <p>Writing Supplies, Internet, Device with Video Camera, Zoom Video Chat</p>

SESSION AGENDA	ENERGIZER
<p>Review the agenda (posted):</p> <p>Energizer → (05 min) Caption This</p> <p>Explore → (05 min) Review Objective and Respond → (25 min) Think/Pair/Share</p> <p>Make → (05 min) Brainstorm → (10 min) Research/Draft → (10 min) Write/Review → (05 min) Formalize</p> <p>Share → (10 min) Share Out</p>	<p>Caption This - Zoom Edition</p> <p>Materials: Zoom video chat</p> <ol style="list-style-type: none"> Facilitator screen shares a picture on their computer (either random or an image from quarantine life). Everyone has 30 seconds to write a caption for the photo (share the caption on chat or handwrite and take turns reading aloud). Extension: give participants 2 minutes to take a photo of their quarantine life and caption or hashtag it. <p>Take some time to check-in with the group, talk about what is going on in their lives and yours.</p>

KEY VOCABULARY	
COVID-19	Anxiety
Social Distancing	Productivity
Quarantine	Creativity
Health	Isolation
Routine	Community
Coping	Boredom

GA STATE STANDARDS	GA AS4D STANDARDS
<p>ELA ELAGSE9-10SL2 ELAGSE11-12RI7 ELAGSE11-12SL2 I</p>	<p>QE4.3: Relationships QE4.5: Relationships QE9.3: Family & Community Partnerships</p>

EXPLORE	MAKE	SHARE
<p>Go Around: Before beginning, do a check-in to see what participants know about COVID-19. If support in understanding is needed, shift the focus of the lesson to researching COVID-19.</p> <p>Think</p> <ol style="list-style-type: none"> Have participants vote on which media & mentor text they would like to explore today. If there's a majority vote on one, screen share and examine it collectively. If not, instruct participants to mute their session and rejoin in 15 minutes after examine their preferred media & mentor text. Ask participants to note-take (words or drawings) while thinking with the media & mentor text. <p>Pair</p> <ol style="list-style-type: none"> Choose half of the participants to participate in a summary of the media & mentor texts. <p>Share</p> <ol style="list-style-type: none"> Participants who were not verbally participating in the "pair" now have the floor to engage in discourse on the media & mentor texts. 	<p>Brainstorm</p> <ul style="list-style-type: none"> Participants may choose to work independently or a small group (2-3). Break off into separate Zoom chats for 30 minutes, facilitator jumping into chats. The framework/expression of the piece may be chosen by participants (visual, quantitative, oral). <p>Research/Draft</p> <ul style="list-style-type: none"> Give participants time to research and draft their piece. <p>Write/Review</p> <ul style="list-style-type: none"> Announce when they should be nearing a finished product. <p>Formalize</p> <ul style="list-style-type: none"> Add finishing touches. 	<p>Share Out</p> <ul style="list-style-type: none"> Invite participants to a whole group Zoom chat. Participants share out their creation. They may choose to share out by... <ul style="list-style-type: none"> Screen sharing and narrating what they've created Hold up their creation on video chat and give presentation <p>Closing: Do a one word/phrase summary and go around with a mental check-in to see what's on everyone's mind, what their current headspace is.</p> <p>**To submit and share your work with Vox, please visit this link.</p>

DL - QUARANTEEN: Self-Care

FOCUS SKILL	GOAL	MEDIA & MENTOR TEXTS	MATERIALS
SW analyze and interpret media & mentor texts and use their creative and critical thinking skills to produce a reflective writing piece (written & oral presentation) sharing their thoughts and advice input from peers.	SW engage in discourse on the topic of COVID-19, quarantine, and mental, social and emotional well-being with reference to the provided media & mentor texts. SW will work collaboratively or individually to prepare and share a summary and connection writing piece on self-care and surviving Quaranteen.	<p>Read Five Ways to Make Your Quarantine Experience a Positive One by Sydney Coleman</p> <p>How To Keep Your Cool During Quarantine by Halimah Budeir</p> <p>Listen The Quarantine Episode by Girl Talk</p>	<p>Access to media & mentor texts from a phone or other media device</p> <p>Writing Supplies, Internet, Device with Video Camera, Zoom Video Chat</p>

SESSION AGENDA	ENERGIZER	KEY VOCABULARY						
<p>Review the agenda (posted):</p> <p>Energizer → (05 min) Acrostic Poem</p> <p>Explore → (05 min) Review Objective and Respond → (30 min) Think/Pair/Share</p> <p>Make → (10 min) Brainstorm & Draft</p> <p>Share → (10 min) Share Out</p>	<p><u>Acrostic Poem – Zoom Edition</u></p> <p>Materials: Zoom video chat</p> <ol style="list-style-type: none"> Participants will create short acrostic poems Each poem should be descriptive of their Quaranteen time. Ex: My name is ASH. I will use each letter in my name to create a sentence within my acrostic poem. *A- All of my time has been spent at home. *S- Showing my untamed eyebrows have been humbling experience *H- hours go by, days go by and still, outside is closed. 	<table border="0"> <tr> <td>COVID-19 Social Distancing Quarantine Wellness Routine Coping Regimine</td> <td>Anxiety Productivity Creativity Isolation Beloved Community Boredom Groundedness</td> </tr> <tr> <th>GA STATE STANDARDS</th> <th>GA AS4D STANDARDS</th> </tr> <tr> <td> ELA ELAGSEL9-10RL1:C ELAGSEL9-10RI1 ELAGSEL9-10RI7 ELAGSEL9-10SL4 ELAGSEL11-12RL1: </td> <td> QE1: Programming & Youth Development QE2: Linkages with School Day QE4: Relationships QE5: Health & Well-being </td> </tr> </table>	COVID-19 Social Distancing Quarantine Wellness Routine Coping Regimine	Anxiety Productivity Creativity Isolation Beloved Community Boredom Groundedness	GA STATE STANDARDS	GA AS4D STANDARDS	ELA ELAGSEL9-10RL1:C ELAGSEL9-10RI1 ELAGSEL9-10RI7 ELAGSEL9-10SL4 ELAGSEL11-12RL1:	QE1: Programming & Youth Development QE2: Linkages with School Day QE4: Relationships QE5: Health & Well-being
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EXPLORE	MAKE	SHARE
<p>Think</p> <ol style="list-style-type: none"> Have participants individually or collectively in groups of 2-3, choose a media & mentor text they would like to explore today. Ask participants to note-take (words and/or drawings) while reading/listening and thinking with the media & mentor text. Give participants 30 minutes to mute their zoom (if working individually or collectively break off into separate group chats within their group to listen or read and think along with their chosen media and mentor. During this time, participants can have small group discussions or work individually. <p>Pair</p> <ol style="list-style-type: none"> Ask some participants to volunteer in giving a brief summary of their media and mentor text highlights (individual or collective group discussions). <p>Share</p> <ol style="list-style-type: none"> Participants who were not verbally participating in the “pair” now have the floor to engage in discourse on the media & mentor texts by sharing the illustrations and verbally describing their illustration (optional). 	<p>Brainstorm</p> <p>→ Give participants time to gather their thoughts and highlights</p> <p>Draft</p> <p>→ Groups/Individuals will draft their highlights and share their thoughts within the following framework:</p> <p>-Notice: Describe what you may be feeling, or what mental imagery you may have, after reading your media and mentor text</p> <p>-Connect: Connections from the media & mentor text to your own experiences</p> <p>-Wonder: Express what would you like to know more about</p>	<p>Share Out</p> <p>→ Invite participants to a whole group Zoom chat. → Participants share out 2 highlights --what they noticed, connected to, and wonder or their illustrated creations. They may choose to share out by...</p> <ul style="list-style-type: none"> Screen sharing and narrating what they've created Hold up their creation on video chat and give presentation <p>Closing: Do a quick draw (1 minute picture) to summarize what this activity made you think or feel.</p> <p>**To submit and share your work with Vox, please visit this link</p>

DL - QUARANTEEN: Advice for Adjusting

FOCUS SKILL	GOAL	MEDIA & MENTOR TEXTS	MATERIALS
SW analyze and interpret media & mentor texts and use their creative and critical thinking skills to produce a work of expression (visually, quantitatively, orally) which gives advice and/or reassurance on what people can do while in quarantine.	SW engage in discourse on the topic of COVID-19, quarantine, and mental health, with reference to the provided media & mentor texts. SW work collaboratively to prepare and share an original creative work with advice/reassurance for community members.	<p>Read Five Ways to Make Your Quarantine Experience a Positive One by Sydney Coleman</p> <p>Watch Bria is Board by Tibria Jackson Brown</p> <p>Listen The Quarantine Episode by Girl Talk</p>	<p>Access to media & mentor texts from a phone or other media device</p> <p>Writing Supplies, Internet, Device with Video Camera, Zoom Video Chat</p>

SESSION AGENDA	ENERGIZER	KEY VOCABULARY								
<p>Review the agenda (posted):</p> <p>Energizer → (05 min) Emoji Expression</p> <p>Explore → (05 min) Review Objective and Respond → (25 min) Think/Pair/Share</p> <p>Make → (05 min) Brainstorm → (10 min) Research/Draft → (10 min) Write/Review → (05 min) Formalize</p> <p>Share → (10 min) Share Out</p>	<p><u>Emoji Expression - Zoom Edition</u></p> <p>Materials: Zoom video chat</p> <ol style="list-style-type: none"> Participants construct a sentence using only Emojis to express how they are feeling or what they thinking about. The group goes around and shares their sentence, giving space for others to interpret or respond. <p>This can be adapted to become a game of charades, depending on group energy level and what current group needs are. It may be appropriate to make this activity more or less quarantine related, depending on collective headspace.</p>	<table border="1"> <tr> <td>COVID-19</td> <td>Coping</td> </tr> <tr> <td>Social Distancing</td> <td>Creativity</td> </tr> <tr> <td>Quarantine</td> <td>Expression</td> </tr> <tr> <td>Routine</td> <td>Boredom</td> </tr> </table>	COVID-19	Coping	Social Distancing	Creativity	Quarantine	Expression	Routine	Boredom
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EXPLORE	MAKE	SHARE
<p>Go Around: Check-in by sharing one thing that did not go as planned in the past week, it can be an honest or silly misadventure (like squirting out too much toothpaste and making a mess or calling the wrong phone number).</p> <p>Think</p> <ol style="list-style-type: none"> Split participants into 3 groups and assign a media & mentor text to each group. Give them 15 minutes to break out into these groups on Zoom and examine their media & mentor text, facilitator jumping into chats. Ask participants to note-take (words or drawings) while thinking with the media & mentor text. <p>Pair</p> <ol style="list-style-type: none"> Remain in media & mentor text groups for 5 minutes and establish 3 pieces of advice from the media & mentor text, facilitator jumping into chats. <p>Share</p> <ol style="list-style-type: none"> Rejoin whole group Zoom session and share out the advice lists. 	<p>Brainstorm → Participants may choose to work independently or a small group (2-3). → Break off into separate Zoom chats for 30 minutes, facilitator jumping into chats. → The framework/expression of the piece may be chosen by participants (visual, quantitative, oral).</p> <p>Research/Draft → Give participants time to research and draft their piece.</p> <p>Write/Review → Announce when they should be nearing a finished product.</p> <p>Formalize → Add finishing touches.</p>	<p>Share Out → Invite participants to a whole group Zoom chat. → Participants share out their creation. They may choose to share out by...</p> <ul style="list-style-type: none"> Screen sharing and narrating what they've created Hold up their creation on video chat and give presentation <p>Closing: Do a one word/phrase summary and go around sharing one piece of advice or activity they'd like to take/try.</p> <p>**To submit and share your work with Vox, please visit this link.</p>

DL - QUARANTEEN: The New Normal

FOCUS SKILL	GOAL	MEDIA & MENTOR TEXTS	MATERIALS
SW analyze and interpret media & mentor texts and use their creative and critical thinking skills to produce a work of expression using Powerpoint, Tik Tok or other video formatting.	SW engage in discourse on the topic of COVID-19, quarantine, and mental, social and emotional well-being with reference to the provided media & mentor texts. SW will work collaboratively to prepare and present advice for healthy routines for Quaranteen life.	Read Five Ways to Make Your Quarantine Experience a Positive One by Sydney Coleman Watch Bria is Board by Tibría Jackson Brown Listen Quaranteen Routine Intro Episode Video by Adam Dickerson	Access to media & mentor texts from a phone or other media device Writing Supplies, Internet, Device with Video Camera, Zoom Video Chat, Tik Tok, Triller, Powerpoint

SESSION AGENDA	ENERGIZER	KEY VOCABULARY	
Review the agenda (posted): Energizer → (05 min) Song Association Explore → (05 min) Review Objective and Respond → (25 min) Think/Pair/Share Make → (05 min) Brainstorm → (10 min) Research/Draft → (10 min) Write/Review → (05 min) Formalize Share → (10 min) Share Out	<u>Song Association – Zoom Edition</u> Materials: Zoom video chat 1. Facilitator screen will share words on the screen 2. Students will be given 10 seconds to respond in the zoom chat box with one lyrical sentence associated with that word. (one line from a song) 3. There will be 8 rounds/8 words for this energizer. After the 8th round, the full group can talk about musical playlists and songs that they've been listening to throughout this Quarantine.	COVID-19 Social Distancing Quarantine Wellness Routine Coping Regimime	Anxiety Productivity Creativity Isolation Beloved Community Boredom Groundedness
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EXPLORE	MAKE	SHARE
Go Around: How participants are adjusting to digital learning and staying at home. Share one piece of advice or one thing they've learned. Think 1. Divide participants into 3-4-member small groups and assign a media & mentor text to each group. All groups will be given 20 minutes to break out into these groups on Zoom and explore their media & mentor text, facilitator jumping into chats. 2. Ask all participants to note-take (words or drawings) while thinking along with and sharing their thoughts from their media & mentor text. Pair 1. Remain in media & mentor text groups for 15 minutes and establish 3-4 suggestions for creating healthy routines while adjusting to the quarantine life or create a video tik tok video modeling a healthy routine, facilitator jumping into chats. Share 1. Rejoin whole group Zoom session and share out the advice lists.	Brainstorm → Participants may choose to work independently or a small group (3-4). → Break off into separate Zoom chats for 30 minutes, facilitator jumping into chats. → Student can use this time to both think along with the media text and prepare a written suggestions or visual routine (powerpoint/video/tik tok). Research/Draft → Give participants time to research and draft their 3-4 suggestion piece or video / tik tok. Write/Review → Announce when they should be nearing a finished product. Formalize → Add finishing touches.	Share Out → Invite participants to share a link to their powerpoint/video/tik tok or have them send link to facilitator and screen share. Closing: Sing or state one lyric of a song which reflects your current mood. Offer an extension as "homework" so that participants can edit/adapt and further their healthy routines advice. **To submit and share your work with Vox, please visit this link .